

# Vegetable Lasagna

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-27

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 1 qt		4 gal 2 qt	1. Add salt to boiling water.
Salt	2 oz	3 Tbsp 1/2 tsp	4 oz	1/4 cup 2 1/3 Tbsp	
Enriched lasagna noodles	1 lb 6 oz	28 each	2 lb 12 oz	56 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes or until tender. Drain.
Vegetable oil		2 Tbsp		1/4 cup	
					3. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes or until tender. Stir in flour and cook for 3 minutes. Remove from heat and reserve for step 6.
*Fresh zucchini, sliced	8 oz	2 cups	1 lb	1 qt	
*Fresh mushrooms, sliced	6 oz	1 1/4 cups 1 Tbsp	12 oz	2 1/2 cups 2 Tbsp	
OR	OR	OR	OR	OR	
Canned mushrooms, sliced, drained	4 oz	3/4 cup	8 oz	1 1/2 cups	
*Fresh onions, chopped	4 1/2 oz	3/4 cup	9 oz	1 1/2 cups	

Frozen broccoli chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	<b>4.</b> Place broccoli in a steam basket or microwave and cook for 6 minutes or until tender. Drain well and reserve for step 6.
Canned tomato sauce	4 lb 2 oz	2 qt (5/8 No. 10 can)	8 lb 4 oz	1 gal (1 1/4 No. 10 can)	<b>5.</b> In a heavy kettle, heat the tomato sauce and tomato paste. Add the granulated garlic and oregano. Simmer, uncovered, for 30 minutes.
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/2 No. 2-1/2 can)	1 lb 12 oz	3 cups 2 Tbsp (7/8 No. 2-1/2 can plus 2 1/2 Tbsp)	
Granulated garlic		7/8 tsp		1 3/4 tsp	<b>6.</b> Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Dried oregano		3 Tbsp		1/4 cup 2 Tbsp	
Reduced fat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal	<b>7.</b> In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well. Reserve for step 9.
Dried parsley		2 Tbsp		1/4 cup	
Granulated garlic		1 tsp		2 tsp	

Parmesan cheese, grated		1/4 cup 2 Tbsp	2 oz	3/4 cup	<b>8.</b> Combine Parmesan cheese and mozzarella cheese.
Reduced fat mozzarella cheese, 15 oz shedded		3 3/4 cups	1 lb 14 oz	1 qt 3 1/2 cups	<b>9.</b> Spread 1 cup of vegetable sauce on the bottom of each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans.
Parmesan cheese, grated	2 oz	3/4 cup	4 oz	1 1/2 cups	<b>10.</b> Sprinkle 1 oz of Parmesan cheese over each pan of lasagna. Cover. Bake: Conventional oven: 350° F for 50 minutes. Convection oven: 325° F for 40 minutes.  <b>11.</b> Remove from oven and allow to set for 15 minutes before serving.

#### Notes

\* See Marketing Guide

Marketing Guide		
Food as Purchased for	32 Servings	32 Servings
Zucchini	9 oz	1 lb 2 oz
Mushrooms	7 oz	14 oz
Mature onions	6 oz	12 oz

Serving	Yield	Volume
1 piece provides 1 ½ oz of cheese, ½ cup of vegetable, and the equivalent of ¾ slice of bread.	<b>32 Servings:</b> 12 lb 14 oz	<b>32 Servings:</b> 2 pans
	<b>64 Servings:</b> 25 lb 12 oz	<b>64 Servings:</b> 4 pans

Nutrients Per Serving					
Calories	219	Saturated Fat	2.03 g	Iron	2.27 mg
Protein	16.77 g	Cholesterol	9 mg	Calcium	211 mg
Carbohydrate	28.86 g	Vitamin A	1365 IU	Sodium	795 mg
Total Fat	4.44 g	Vitamin C	22.8 mg	Dietary Fiber	3.3 g